

**What Is Claimed Is:**

1. An exercise machine, comprising:
  - a movable portion engageable by a user, said movable portion having a rigid member;
  - a braking member biased toward said rigid member, said braking member configured to apply a braking force to said rigid member; and
  - a pulling member configured to be connected to said movable portion to disengage said braking member from said rigid member when said user moves said movable portion.
  
2. The exercise machine of Claim 1, wherein said movable portion includes:
  - a frame having a first axle support and a second axle support;
  - a roller disposed between said first axle support and said second axle support;
  - and an axle extending through said roller and having a portion extending external to said second axle support;
  - wherein said rigid member is connected to said external portion of said axle.
  
3. The exercise machine of Claim 2, wherein said frame includes:
  - an overhead frame including:
    - a first arm;
    - a second arm;
    - a third arm; and
    - a fourth arm;
  - wherein said first axle support is attached to said first arm and extends downwardly perpendicular to said first arm;
  - wherein said second axle support is attached to said second arm and extends downwardly perpendicular to said second arm;
  - wherein a first end of said third arm is attached to said first axle support and a second end of said third arm is attached to said second axle support, said third arm extending horizontally perpendicular to said first and second arms;
  - wherein a first end of said fourth arm is attached to a mid-portion of said third arm and extends upwardly and forwardly from said third arm.
  
4. The exercise machine of Claim 3, wherein said frame further includes:
  - a front frame including:
    - a first arm;
    - a second arm;

a first arm extension;  
 a second arm extension; and  
 a cross member;

wherein a first end of said first arm of said front frame is attached to a first end of said first arm of said overhead frame, said first arm of said front frame extending forwardly and downwardly from said first arm of said overhead frame, and wherein a first end of said second arm of said front frame is attached to a first end of said second arm of said overhead frame, said second arm of said front frame extending forwardly and downwardly from said second arm of said overhead frame;

wherein a first end of said first arm extension is attached to a second end of said first arm of said front frame and wherein a first end of said second arm extension is attached to a second end of said second arm of said front frame;

wherein said cross member is attached at a first distal end to a second end of said first arm extension and at a second distal end to a second end of said second arm extension and wherein said cross member extends perpendicularly to said first and second arm extensions.

5. The exercise machine of Claim 4, wherein said frame further includes:  
 a rear frame having a first arm and a second arm;

wherein a first end of said first arm of said rear frame is attached to a second end of said first arm of said overhead frame, said first arm of said rear frame extending rearwardly and downwardly from said first arm of said overhead frame, and wherein a first end of said second arm of said rear frame is attached to a second end of said second arm of said overhead frame, said second arm of said rear frame extending rearwardly and downwardly from said second arm of said overhead frame;

wherein a second end of said first arm of said rear frame is connected to a second end of said second arm of said rear frame.

6. The exercise machine of Claim 5, wherein said movable portion further includes:

a support member;

wherein said support member is attached to a second end of said fourth arm of said overhead frame;

wherein said support member is attached to a mid-portion of said cross member below said attachment of said second end of said fourth arm of said overhead frame and extends perpendicular to said cross member.

7. The exercise machine of Claim 6, wherein said support member includes one of a wheel and a skid at a first end thereof.

8. The exercise machine of Claim 2, wherein said movable portion further includes an extension member attached to said frame, said extension member disposed on an external side of said second axle support and wherein said braking member is connected to said extension member.

9. The exercise machine of Claim 1, further comprising:  
an attachment member connected at one end to said braking member and connected at the other end to said pulling member, said attachment member configured to transmit said braking force to said braking member from said pulling member; and

a compression member connected to and engageable with said braking member, said compression member configured to compress as said braking member applies said braking force.

10. The exercise machine of Claim 1, wherein said braking member includes a band brake and said rigid member includes a hub, said band brake positioned to surround said hub.

11. The exercise machine of Claim 1, wherein said pulling member includes a harness assembly.

12. The exercise machine of Claim 1, further comprising:  
a second rigid member adjacent to said rigid member;  
a resisting member configured to be connected to said second rigid member, said resisting member configured to apply a resistance to said second rigid member; and

a variably adjusting member configured to be connected to said resisting member to variably adjust said resistance of said resisting member.

13. The exercise machine of Claim 12, further comprising:  
a housing member configured to connect said resisting member and said variably adjusting member, said housing member being movably positionable above said second rigid member; and

a tension member disposed within said housing member and engageable with said resisting member, said tension member configured to compress as said resisting member applies said resistance.

14. The exercise machine of Claim 13, further comprising:

a counting member connected to said variably adjusting member and configured to measure said resistance on said second rigid member; and

a displaying member connected to said counting member and configured to display a value of said resistance.

15. The exercise machine of Claim 12, wherein said resisting member includes a second band brake and said second rigid member includes a second hub, said second band brake positioned to surround said second hub.

16. The exercise machine of Claim 12, wherein said variable resisting member includes a knob.

17. An exercise machine, comprising:

a movable portion engageable by a user, said movable portion having a rigid member;

a resisting member configured to be connected to said rigid member, said resisting member configured to apply a resistance to said rigid member as said user moves said movable portion; and

a variably adjusting member configured to be connected to said resisting member to variably adjust said resistance of said resisting member.

18. The exercise machine of Claim 17, wherein said movable portion includes:

a frame including:

an overhead frame;

a front frame attached to a first end of said overhead frame; and

a rear frame attached to a second end of said overhead frame;

wherein said frame is formed in an inverted u-shape configuration and defines an internal area defined by said overhead frame, said front frame, and said rear frame;

a roller attached to a lower end of said overhead frame and disposed within said internal area;

an axle extending through said roller and having a portion extending external to said internal area; and

a frame extension member attached to said overhead frame and disposed external to said internal area;

wherein said rigid member is connected to said external portion of said axle.

19. The exercise machine of Claim 18, wherein said movable portion further includes a support member, said support member attached to said front frame.

20. The exercise machine of Claim 19, wherein said support member includes one of a wheel and a skid at a first end thereof.

21. The exercise machine of Claim 17, further comprising:

a housing member configured to connect said resisting member and said variably adjusting member, said housing member being movably positionable above said rigid member; and

a tension member disposed within said housing member and engageable with said resisting member, said tension member configured to compress as said resisting member applies said resistance.

22. The exercise machine of Claim 17, further comprising:

a counting member connected to said variably adjusting member and configured to measure said resistance on said rigid member; and

a displaying member connected to said counting member and configured to display a value of said resistance.

23. The exercise machine of Claim 17, wherein said resisting member includes a band brake and said rigid member includes a hub, said band brake positioned to surround said hub.

24. The exercise machine of Claim 17, wherein said variable resisting member includes a knob.

25. The exercise machine of Claim 17, further comprising:

a second rigid member adjacent to said rigid member;

a braking member biased toward said second rigid member, said braking member configured to apply a braking force to said second rigid member; and

a pulling member configured to be connected to said movable portion to disengage said braking member from said second rigid member when said user moves said movable portion.

26. The exercise machine of Claim 25, further comprising:

an attachment member connected at one end to said braking member and connected at the other end to said pulling member, said attachment member configured to transmit said braking force to said braking member from said pulling member; and

a compression member connected to and engageable with said braking member, said compression member configured to compress as said braking member applies said braking force.

27. The exercise machine of Claim 25, wherein said braking member includes a band brake and said rigid member includes a hub, said band brake positioned to surround said hub.

28. The exercise machine of Claim 25, wherein said pulling member includes a harness assembly.

29. An exercise machine, comprising:

a movable portion engageable by a user, said movable portion having a first rigid member and a second rigid member, said second rigid member adjacent to said first rigid member;

a braking member biased toward said first rigid member, said braking member configured to apply a braking force to said first rigid member;

a pulling member configured to be connected to said movable portion to disengage said braking member from said first rigid member when said user moves said movable portion;

a resisting member configured to be connected to said second rigid member, said resisting member configured to apply a resistance to said second rigid member as said user moves said movable portion; and

a variably adjusting member configured to be connected to said resisting member to variably adjust said resistance of said resisting member;

wherein said movable portion includes:

a frame including:

an overhead frame,

a front frame attached to a first end of said overhead frame,

and

a rear frame attached to a second end of said overhead frame,

wherein said frame is formed in an inverted u-shape configuration and defines an internal area defined by said overhead frame, said front frame, and said rear frame;

a roller attached to a lower end of said overhead frame and disposed within said internal area;

an axle extending through said roller and having a portion extending external to said internal area; and

a frame extension member attached to said overhead frame and disposed external to said internal area;

wherein said first and second rigid members are connected to said external portion of said axle.

30. The exercise machine of Claim 29, wherein said braking member includes a first band brake and said first rigid member includes a first hub, said first band brake positioned to surround said first hub.

31. The exercise machine of Claim 29, wherein said resisting member includes a second band brake and said second rigid member includes a second hub, said second band brake positioned to surround said second hub.

32. The exercise machine of Claim 29, wherein said variable resisting member includes a knob.

33. The exercise machine of Claim 29, wherein said pulling member includes a harness assembly.

34. A method for braking an exercise machine, comprising:  
stopping a pulling force on a pulling member of said exercise machine when a user stops movably engaging said exercise machine, said pulling member being connected to a braking member; and

engaging said braking member with a rigid member of said exercise machine to apply a braking force to said exercise machine.

35. A method for variably adjusting resistance to an exercise machine, comprising:

setting a variably adjusting member to a resistance value;

transmitting said resistance value to a resisting member connected to said variable adjusting member; and

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engaging said resisting member with a rigid member of said exercise machine to apply a resistance corresponding to said resistance value to said exercise machine as a user movably engages said exercise machine.

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